

## BY OLIVE ROBERTS BARTON

**DIET.**

Q. Is it injurious to drink two or three glasses of buttermilk with a dinner of soup, roast meat, potatoes, lettuce, celery, dessert and coffee? Lately after a meal my face and nose get very red and sometimes I suffer from violent headache. Some people say buttermilk should not be taken with a meal. I also suffer from constipation.

A. When you have a dinner consisting of soup, roast meat, potatoes, dessert, lettuce, celery and coffee, why not be that satisfied? Two or three glasses

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